



Ministry of Higher Education And Scientific Research

University of Babylon

College of physical Education

**The effect of exercise skill -cognitive for the
development of the Locus control and the
performance of the skill Riposte to play
areas for the players fencing weapon Foil**

A Thesis presented by

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**Alwan to the Council of the College of physical Education
University of Babylon as partial fulfillment requirements
for Ph. Dectoral Degree in physical Education.**

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M 2014

H 1435

Abstract

(The effect of exercise skill -cognitive for the development of the Locus control and the performance of the skill Riposte to play areas for the players fencing weapon Foil)

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The importance of research in the scientific It represents an attempt to develop a new exercises skill -cognitive and the extent of their influence in the development of the Locus control and the technical performance of the skill of the players riposte foil . Which works to increase the capacity of the players in training and Tchougahm about performance skills that learn it and this is something which achieves the objectives of the training modules and the players to reach the required level.

Can implement the results of this study by the trainers of different specializations in the selection exercise skill -cognitive appropriate to enhance the training process for the players , as it can take advantage of these exercises in activating the role of the locus control to the player during the game and prepare them commensurate with their abilities and characteristics of public and private equip them with skills good performance.

The research problem arisen through informed researcher being a player and coach and an international referee in the foil and follow-up of the performance of the players and especially foil that they have a weakness in the locus control when performing the skill to riposte , and that some coaches did not pay attention in a focused manner to exercise skill -cognitive and its importance performance in attack and defense weapon foil , since most of the movements of this weapon , which represents inter fencing movements ripostes are exchanged between players . As a result of the lack of attention to some of the

coaches in such exercises may impact directly on the performance of these skills and the outcome of most games in a negative light , especially in the crucial moments of them.

The research aims to: Preparation skill -cognitive according to play areas . See the effect of exercises skill -cognitive in the development of the locus control and the technical performance of the skill of the players riposte fencing weapon Foil . Knowledge of the impact of variation exercises skill -cognitive in the development of riposte as play areas.

The researcher used the experimental method to the suitability of the research problem , objectives , and the experimental design chosen by the researcher is a disciple of semi- hermetic two groups with a pretest and posttest , and the sample consisted of twelve players were selected at random from the squad Diyala weapon foil for season 2013. After that, the researcher prepared exercise skill -cognitive and presented to the experts as well as a measure of the locus control and the form of performance evaluation of the skill to riposte , and then testing the tribal and the implementation of the exercise according to the training curriculum prepared then testing a posteriori , after the collection of data and processed statistically using the bag statistical SPSS. , including (The mean, median, std. deviation, skewenss, X^2 , t-test, analysis of variance, the L.S.D, and the ratio of evolution).

Through the presentation of search results , analysis and discussion researcher concluded as follows- :

- 1- To exercise skill -cognitive a positive influence in the development of the locus control and the technical performance of the skill of players to the riposte fencing weapon foil and high rate of evolution.
- 2- Excelled pilot group on the group engages in number of successful attempts to use skill to riposte to the stadium.

3- Contributed to exercise skill -cognitive and the training curriculum used in the development of the locus control and the technical performance of the skill to riposte and the two experimental and control groups and in favor of the post tests and the high rate of evolution.

4 - There is a preference for the area (1) of the course in the use of fencing skill to riposte by players fencing weapon foil and followed by (2) of the pitch and by the development of high .

In the light of the conclusions of the results for research researcher recommends the following recommendations- :

1- Emphasis on the use of exercise skill -cognitive within the training curriculum for the development of the locus control, and defensive and offensive skill players with fencing weapons foil.

2- The need to benefit from the results of research by trainers and clubs national teams in the governorates in sport of fencing.

3- Attention tests the locus control before the start of training to develop players with fencing or both rookies and young applicants because of its importance and the weapons foil.

4 - to carry out studies and research skills using exercises skill -cognitive with other age groups to develop the skills and the offensive and defensive weapons foil.